

WELCOME TO SUNRISE GYMNASTICS ACADEMY



We would like to welcome you and your child to Sunrise Gymnastics Academy, Inc. We are proud to offer you one of the best equipped and largest gymnastics facilities in the United States. We have been teaching in the Toledo area for more than 40 years and have made it our goal to continue our contribution to the health and physical education of the children in the greater Toledo area. We have introduced the sport of gymnastics to thousands of children in the community over the years. Many former students are now enrolling their children and grandchildren in gymnastics because of the positive experience the sport has had in their lives. Our goal specifically is to develop strong, healthy bodies as well as confident, self-disciplined individuals through gymnastics and other sport and fitness related activities.

We attribute much of our success to the fact that we provide a safe, positive, fun, and educational environment for your child. We also routinely educate ourselves and our staff by attending workshops, seminars and competitions. We add to and upgrade our equipment and facility continuously. As a result, we are very proud of our facility, staff and program and will do our best to make sure your experiences with us will be very positive ones.

Sincerely,

The Hijioka Family/Owners/Directors

SUNRISE GYMNASTICS ACADEMY, INC.

MISSION STATEMENT

Sunrise Gymnastics Academy's mission is to improve children's fitness and self esteem through a variety of sports and activities in a safe and fun learning environment.

OBJECTIVES AND VALUES OF S.G.A. PROGRAMS

To develop and maintain physical efficiency

1. Muscular strength
2. Endurance
3. Cardiovascular fitness
4. Speed, agility, and flexibility
5. Good posture and healthy and attractive appearance

B. To contribute to mental and emotional development

1. Concentration
2. Discipline
3. Perseverance
4. Dedication
5. Outlet for tension and stress
6. Emotional control
7. Relaxation

C. To develop useful physical skills

1. Motor skills such as running, hopping, and skipping
2. Non-motor skills such as bending, swinging and pushing
3. Coordination
4. Balance
5. Rhythm
6. Body awareness
7. Transfer of thoughts and ideas into movement

D. To develop desirable social skills

1. Self-discipline
2. Team work
3. Loyalty
4. Understanding of others of different ideas and abilities
5. Fair play and sportsmanship
6. Respect of rules
7. Honesty
8. Courtesy

E. To provide programs in which children have fun through physical activity

F. To develop a positive attitude towards exercise and physical recreation

POLICIES

A. Registration

A registration/waiver form signed by a parent or legal guardian is required each school year. There is a yearly administrative fee that is paid each year when the student starts and then every twelve (12) months thereafter. Please consult the current schedule of classes and fees for the amount of the administrative and class fees.

B. Class Fees

1. Fees are based on a four week session, and the year has been divided into twelve, four week sessions. Please check the Sunrise Yearly Calendar for the scheduling of these class sessions.
2. Payments are due on or before the first class of each four week session. A late fee will be assessed to all accounts with a remaining balance after the second week of each session. As we prepare each class, we plan and provide for inclusion of your child; therefore, missed classes cannot be deducted from the tuition.
3. Fees may be paid in person by dropping them into the class fee box located in the office, or they may be paid by mail (**Please mail your check to: 3640 N. Holland-Sylvania Rd., Toledo, OH 43615**). Checks should be made payable to "**Sunrise Gymnastics Academy,**" with the gymnast's name on the memo line. **Note: There will be a service fee for each returned check.**
4. **Once your child has registered for a class, his/her space is reserved from session to session from September through June.** The July and August sessions are considered our summer schedule and require a separate sign up. Once your child is registered for the July session, his/her space is automatically held for the August session. **Withdrawal notification must be submitted by signing the Withdrawal Notification Form located on the back of your registration/waiver on file in the office before the first class of the next session.** You will be charged up to the date our office receives the signed withdrawal notification form.
5. **Families registering for more than one class, or more than one child in the family will receive a ten (10) percent discount from each additional lower priced class/child registered. This discount does not apply to the yearly administrative fee.**

C. Absence Policy/Make-Up Policy

1. Make up lessons are available in most Sunrise programs, however, only for serious illness or prolonged vacation.
2. Arrangements for gymnastic and tumbling make-ups must be made in advance by phone or in person. Students making up a Tae Kwon Do class are not required to make advance arrangements, and may come to make up a class at their convenience.
3. A 24 hour cancellation notice for a scheduled make-up is required, or you will forfeit your make-up class.
4. **Make-up classes are only allowable while the student is actively enrolled in classes.** No make-up classes will be allowed for a student who is not currently enrolled.
5. **Member accounts must be currently paid up to date in order to schedule any make-up classes.**

D. Inclement weather

In the case of inclement weather, tune to television stations WTOL Toledo 11 or WTVG Channel 13 for closing announcements, or you may call the gym at (419) 841-2902 before leaving for class and the answering machine will give updated information. You may also visit our Facebook page. Decisions on closings are made separately for our morning (by 8:30am) and early afternoon (by 12:00pm) and evening classes (by 3:30pm).

E. Apparel Returns

Refunds/Credits and/or Exchanges will only be given within 30 days of purchase. You must have a receipt and the tags still attached.

Grips are NOT returnable.

GUIDELINES FOR PARENTS

1. Please read this S.G.A. Booklet in its entirety and adhere to the policies and guidelines. It is the responsibility of the parent(s) to know these policies.
2. Parents are welcome to observe their child's class from any of our three viewing areas. These viewing and locker rooms are provided for the convenience of all, so please be thoughtful to those who use them.
 - Supervise all children you bring with you. No running, shouting, or horseplay is allowed in the viewing areas, locker rooms, or restrooms. Parents are responsible for their children's safety and behavior in these areas.
 - There are Koala Changing Stations located in the back restrooms and front locker rooms for your convenience.
 - Do not leave debris or food on floors or furniture.
3. No pets are allowed in the building.
4. There is no smoking allowed in the building.
5. Please bring your child to class on time.
 - Bring your child a little early to allow time to undress and check attendance at the office. Also, remind your child to use the restroom before each class.
 - Children are to remain in the waiting areas until the instructor signals the start of class and calls the children into the gym.
 - Only students and instructors are permitted in the gym during class.
 - Please pick up your child promptly after his/her class. Instruct your child not to leave the building until a responsible adult arrives to pick him/her up. Sunrise does not accept responsibility for your child once he/she has left the building.
6. Please remind your child to check his/her belongings when he/she leaves the building. Be sure to take all clothing and materials and be careful not to take someone else's belongings by mistake. We have a lost and found for items that are left behind. These items will be kept one month and then donated to a charity. Please put your child's name on apparel to help identify it. Sunrise is not responsible for lost articles.
7. Please do not park in front of either entrance to wait for your child after class. These are drop off areas only. There are plenty of parking spaces available in front and along the side of the building. For the safety of all children, please drive cautiously in the Sunrise parking lot.
8. Office hours are Monday through Thursday 9:00am to 7:00pm, Friday 9:00am to 6:00pm, and Saturday 9:00am to 12:30pm. The office is closed from 12:00pm to 1:00pm weekdays. Your calls are important to us, so if you call and reach a recorded message, please take the time to leave your name and phone number, and we will get back to you as soon as possible.
9. If your child has a medical, physical or other problem, please inform us before your child starts class.
10. If you have any questions about your child's progress, stop in or telephone the office to make arrangements to speak to your child's instructor.

GUIDELINES FOR PARENTS CONTINUED

11. Please support your child in all his/her gymnastics endeavors. Bringing them routinely to each and every class is very important to gymnastics.
12. Although we will take all necessary precautions concerning spotting and safety equipment, gymnastics has some inherent risk. Please have adequate insurance coverage.
13. We are highly qualified instructors and will be working hard to help each child reach his/her potential. We are also professionals. Please trust our methods and judgments concerning your child's gymnastic classes.

RULES FOR STUDENTS

1. For safety purposes, proper attire and appearance is required for participation in gymnastic classes:
 - a. **Proper attire:**
 - FOR GIRLS:** leotards, athletic shorts and t-shirt, barefoot. ***No tights with feet or nylon socks.***
 - FOR BOYS:** T-shirt. Athletic shorts, barefoot.
 - FOR BOTH BOYS AND GIRLS:** Warm up suits and hand grips are optional.
 - b. **Hair should be neat and away from the face. Hair long enough to fall into the child's face must be pulled back into a single tail/braid low on the back of the head. It may also be worn in two tails/braids on the side of the head. Do not pull the hair into a high ponytail or secure tails with elastics that have hard, round balls or sharp-edged decorations. Also, please avoid styles secured with hairpins, bobby pins, or small barrettes. These fasteners usually do not stay in place.**
 - c. **Please do not wear jewelry – earrings, necklaces, rings or bracelets to the gym.**
 - d. **Please keep fingernails cut short.**
2. No food, drink, candy, or gum is allowed in the gym area. Water bottles are allowed.
3. Promptness is a must. Students must check in at the office before each class for attendance and then wait in the waiting area until called into class.
4. Never leave the gym during class without the permission of the instructor.

RULES FOR STUDENTS CONTINUED

5. Students are responsible for reporting accidents to their instructor.
6. All clothing must be put neatly in the locker room. Sunrise Gymnastics Academy does not assume responsibility for personal property. All valuables should be left at home.
7. Fun is an important aspect of learning, but proper behavior is expected at all times. Misconduct will result in dismissal from class at the instructor's discretion.
8. Students are expected to observe rules of courtesy, safety and self-discipline at all times.

OPEN GYM RULES

1. Open Gym - 1st Grade and older: Only currently enrolled students of S.G.A., who are in progressive or tumbling classes are allowed to participate in open gym.
2. Open Gym - Kindergarten and younger: Open to the public and a parent must participate with their child. A waiver form is needed for those children who are not currently enrolled in classes.
3. Open gym is an extra, non-structured practice session in which students have the opportunity to practice skills that they have learned in class. Students choose what to work on and can work at their own rate.
4. There will be S.G.A. staff members supervising open gym and available for spotting.
5. Open gym participants must pay in the office and wait in the waiting area until called into the gym.
6. Open gym participants must warm up and review safety procedures.
7. Any difficult skill must be spotted by a staff member.
8. Students are allowed on the trampoline only with the permission of a staff member.
9. Anyone who behaves in a disruptive or unsafe manner or does not follow the rules will be excused from participating in open gym.

WHY TAKE GYMNASTICS?

Gymnastics is the basis of all sports. Because of this, it is our belief that gymnastics training is the single most important phase of physical education in a young person's life. The general conditioning, strengths, flexibilities, physical awareness, and coordination learned are directly adaptable to all movement and athletics. However, the benefits do not end there. Discipline, poise, self-confidence, and perseverance are some of the intrinsic values of gymnastic training. In short, gymnastics is for everyone, and we have a program designed specifically for each age and ability.

SUNRISE FACILITY

Sunrise has a state-of-the-art 29,400 square-foot facility which includes:

- A separate 5,000 square-foot preschool gym
- Separate progressive and competitive areas with the latest Olympic regulation equipment, as well as two spring floors and three in-ground training pits
- A 20 ft. x 55 ft. martial arts training area
- A 20 ft. x 40 ft fully-mirrored dance room
- Three separate air-conditioned viewing areas, with two TV's for your enjoyment
- Two pro shops offering a full line of gymnastics and Tae Kwon Do apparel

SUNRISE PROGRAMS

Sunrise offers your child a dedicated staff of conscientious professionals and one of the finest training facilities in the United States. The Sunrise program consists of:

- ***"Sunrise Tumble Tots" Preschool Classes:*** Ages one to six (in kindergarten)
- ***Boys and Girls Progressive Gymnastic Classes:*** Ages six (1st grade) to 18
- ***Boys and Girls Competitive and Training Groups and Pre-Teams***
- ***Tae Kwon Do:*** Ages 5 to Adult

Sunrise Tumble Tots:

- Classes are divided into the following age groupings:
 - **One to three year olds** (parent participation required)
 - **Three to five year olds** (Pre-Kindergarten)
 - **Five and six year olds** (students must be in kindergarten)
- Small class sizes of 6:1 in the three to five year old class and the five and six year old class, and 8:1 in the one to three year-old class
- A separate 5,000 sq. ft. preschool gym
- Bright, colorful, specialized equipment
- Innovative lesson plans
- Open viewing of all classes
- Development of child's coordination, strength, flexibility, discipline, and self-confidence
- A safe, fun learning environment

Boys and Girls Progressive Gymnastic Classes:

- Classes are divided by gender for boys and girls ages 1st grade to 18
- Small class sizes, with an 8:1 student to teacher ratio
- Students are grouped according to ability
- A separate training area for progressive classes, including Olympic regulation equipment, a spring floor and in-ground pit
- Utilizes the "Fun & Fit Program," including the "Curriculum Poster Reward System"
- Boys train on the six Olympic events of floor exercise, vault, pommel horse, parallel bars, horizontal bar and rings, as well as the trampoline and mini-trampoline
- Girls train on the four Olympic events of floor exercise, vault, balance beam, and uneven bars, as well as the trampoline and mini-trampoline

Competitive Teams:

- Boys and Girls competitive teams are available for all ages and levels
- Teams have a separate training area with multiple sets of Olympic regulation equipment, spring floor, spotting belts, landing mats, and three in-ground pits
- Member of USA Gymnastics and United States Association of Independent Gymnastic Clubs
- Accumulation of more than 500 invitational and state competition team awards
- Home of numerous State, Regional, and National champions
- Home of numerous graduating seniors who have received gymnastic scholarships to such schools as The Ohio State University, University of Michigan, Eastern Michigan, Western Michigan, The U.S. Air Force Academy, MIT, Illinois State, Bowling Green State University, University of Denver, Kent State, and Stanford

Sunrise Gymnastics Academy is a member of :

- USA Gymnastics
- United States Gymnastics Safety Association
- United States Association of Independent Gymnastic Clubs
- United States Elite Coaches Association
- Sylvania Chamber of Commerce

Tae Kwon Do:

- A separate 20 ft. by 55 ft. training area
- Classes for children and adults
- Specialized martial arts training equipment including training bags, body shields, hand targets, blockers, and kick bats
- Experienced, highly-qualified black belt instructors
- Students can gain self-confidence and discipline while learning self-defense

Tumbling:

- Specialized classes emphasizing tumbling skills
- Use of spring floor, in-ground pit, trampoline and mini-trampoline for safe and effective learning
- Small class sizes, with an 8:1 student to teacher ratio

SPECIAL EVENTS

Children's Parties:

- Fun parties for all ages
- Private use of 5,000 sq. ft. preschool gym and gym lobby
- Ninety-minute party that includes:
 - 45 minutes in gym with instruction
 - 45 minutes in lobby party room for treats and presents
- Please note: **No alcohol is allowed on the premises.**

Open Gym:

- Available to the public for progressive gymnastics or tumbling programs
- Available to the public for Kindergarten age and younger, with parent participation
- Opportunity to practice skills that the student has learned in class
- Pay per visit, no appointment needed
- Supervised by S.G.A. staff members

Summer Camps:

- Summer camps are offered for children ages 3 to 18. Sign up by the week or by the day
- Children must be toilet trained

Gymnastics Competitions:

- Sunrise hosts competitions for boys and girls teams several times per year
- The public is welcome to attend these events

HOME TRAINING PROGRAM

Below are several exercises and suggestions to help your child at home with his/her gymnastic training and physical development.

I. WARM-UP

Jump rope two to three minutes

II. FLEXIBILITY AND STRETCHING

- A. Splits all three ways:** Right leg forward, left leg forward, and straddled while sitting on the floor. *Note: The student should not bounce while stretching. Instead, he/she should stretch to the point of slight discomfort, hold for 8 seconds, than relax. 8 times for each split.*
- B. Pike Stretch:** Sit with legs straight, toes pointed, back straight, arms stretched up and in the air, shoulder width apart. Begin to lower the upper body down to your knees. *Hold for 20 seconds, 2 times.*
- C. Back Stretch:** Lie on stomach and put hands and arms in push up position. Straighten arms, raising only the upper body, with head back, and thighs and part of hips on floor. *Hold for 20 seconds, 2 times.*
- D. Bridge:** Lie on back and raise body into arched position. Keeping arms locked and straight, hands shoulder width, legs straight and pushing on shoulders as raising hips as high as possible. *Hold for 10 seconds, 3 times.*
- E. Thigh & Ankle Stretch:** Kneel on floor sitting on ankles and heels with knees and toes together. Lean backwards as far as possible, keeping knees together, toes pointed and heels together. This will result in good upper thigh flexibility and help in attaining a very important toe point. *Hold for 10 seconds, 3 times.*
- F. Exercise for Keeping Very Straight Legs:** Sit on floor with legs together, toes pointed, back straight. Arms may be rested on floor behind or at the side. Lock the knees with toes pointed and together and knees and heels together. Heals will rise slightly off the floor because the knees are slightly over-extended. *Hold for 10 seconds, 3 times.*

III. STRENGTH DEVELOPMENT EXERCISES

- A. Push-ups:** Keeping legs and back straight, *1 set of 10*
- B. Bent knee sit-ups:** *2 sets of 15*
- C. Handstand Hold:** Make sure wall and floor area are clear. *2 sets of 10 seconds*
- D. Squats:** Stand with feet at shoulder width apart and bend knees to about 90 degrees like you are going to sit in a chair. Knees should not go forward past the big toe. *2 sets of 10*

